

**ATHLETE  
INTEREST BADGE**


Date Passed \_\_\_\_\_ Signed \_\_\_\_\_

1. Demonstrate the correct methods of walking and running, and of starting a race. \_\_\_\_\_ 1
2. Discuss the rules for the following:
  - a) Sprint race
  - b) Middle distance and long distance
  - c) Relay races
  - d) Hurdles
  - e) Discus event
  - f) Shot-put
 \_\_\_\_\_ 2
3. Discuss correct diet and methods of training for athletes. \_\_\_\_\_ 3
4. Represent your club, Troop or school at an athletic meeting. \_\_\_\_\_ 4
5. Gain the indicated points in five of the following groups of tests according to your age. \_\_\_\_\_ 5

Age next birthday :	12	-	32 points
	13	-	34
	14	-	36
	15	-	40
	16	-	44
	17	-	46

Tests may be taken over two or more days.

A candidate may not undertake more than one test from a group.

	Standard 6 points	First Class 8 points	Special 10 points
<b>GROUP 1</b> 100 metre sprint	16.5 sec	15.5 sec	12 sec
<b>GROUP 2</b> 200 metre sprint	28 sec	26 sec	22 sec
<b>GROUP 3</b> 800 metres 1500 metres	2 min 38 sec 5 min 55 sec	2 min 28 sec 5 min 15 sec	2 min 15 sec 4 min 50 sec
<b>GROUP 4</b> Running high jump Running long jump	1.15 m 3.8 m	1.35 m 4.2 m	1.55m 4.8m
<b>GROUP 5</b> Shot-put (5.4kg) Discus (under 17 size) Javelin (700 gm)	6 m 28 m 35 m	8 m 30 m 38 m	10 m 32 m 45 m
<b>GROUP 6</b> 100 metre hurdles (91 cm)	20 sec	18 sec	16 sec
<b>GROUP 7</b> Road walk (5 km)	42 min	40 min	38 min
<b>GROUP 8</b> Cross country run (3 km) Standard points only. No time set. Candidate not to stop running. <b>NB</b> The cross country must take place over open country and not along streets.			